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Julie Pike

University of Southern Maine

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FEBRUARY 26, 2018
VOL. 49 ISSUE NO. 15



A taste of Portland

page 10 | River Plouffe Vogel

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92 BEDFORD STREET,
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(207) 780-4084
www.usmfreepress.org

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EDITOR-IN-CHIEF Julie Pike
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COMMUNITY EDITOR Dionne Smith
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Cover Photo: Lauren Kennedy / *Director of Photography*

Letter from The Editor

Julie Pike
Editor-in-Chief

In the wake of the school shooting at the high school in Parkland, FL, where 17 people were killed, it makes me reflect on the current situation regarding gun control in our country. It saddens me to say that I'm not surprised when I hear news of another school shooting. This news still makes me upset and I grieve for those involved, but we live in a nation where school shootings are unfortunately commonplace.

The news and reactions that follow these incidents are almost always the same, people play the blame game. Parents and the student survivors call for more control on guns, government officials blame it on the mental state of the perpetrator, but in all it continues to happen because nothing changes.

Following this specific incident, news travelled around that there have already been 18 school shootings in the U.S. in 2018. However, USA Today found this statistic to be false. Everytown for Gun Safety, a gun control advocacy group, was responsible for initially spreading this. However, if you look closer into what this group labels as a school shooting, they include any incident where a gun was discharged on school grounds. This includes incidences where students weren't necessarily present at the time of a shooting.

Some examples that Everytown for Gun Safety included in their statistic are: in Denison, TX a student took a firearm from a police officer, mistaking it for a practice weapon, and shot the wall and no one was harmed. In Maplewood, MN, a third grader pulled the trigger on a police officer's gun while he was sitting on a bench, no one was harmed. USA Today found that eight of the 18 cases reported included ones where no one was harmed. Two of the 18 cases were suicides.

While it's safe to say that school shootings are still extremely common in the U.S., the actuality of those numbers are inflated. However, this doesn't affect the need for a change

in the nation to prevent these. Now for the big question, how can school shootings be prevented?

While I was at Gorham High School, they implemented the use of student ID cards to get into the school. Every outside door to the school was locked, and students could only get into the front entrance doors with their ID cards. This prevented anyone getting into the school that was not a student or staff member. Those who were visiting could speak with the secretary at the front door over the speaker phone to be allowed in.

While this change created somewhat of an inconvenience for students, it was a small price to pay for their ultimate safety from those who did not belong at the school. I believe USM could benefit from this change, since essentially anyone can walk into the main buildings on campus.

The answer to the question of prevention is not simple. It would take the effort of an entire country to combat this problem. I believe the main efforts need to go into gun control.

It was a topic of discussion in my senior capstone class recently, about what the regulations surrounding gun control should be. Both sides of the argument were identified. On one hand, people want easy access to firearms for their own safety or for leisure reasons, such as hunting. On the other hand, people argue that it's too easy for people to get a hold of a gun, allowing firearms to be possessed by the wrong people.

Here's what currently stands for federal regulations about gun control. At 18 years of age a person can purchase shotguns, rifles and ammunition. At 21 years of age a person can purchase other firearms, such as handguns. Those who are unable to purchase firearms include fugitives, those deemed a danger to society, those with prior felony convictions, those found guilty of unlawfully possessing substances within the past year, those with restraining orders, dishonorably discharged military personnel, unauthorized migrants and tourists, among others.

The background check that is required to purchase a firearm takes ap-

Gun regulations need to change

proximately 10 minutes. This checks prior convictions or red flags. Only a dozen states in the U.S. require permits to purchase handguns, and only three of those requires permits to purchase a rifle or shotgun. California requires applicants to pass a written test and enroll in a gun safety class to obtain a permit.

Already I can pick out areas in which this country can improve on gun control. Ten minutes to do a background check on an individual is not nearly long enough to deem them worthy to purchase a gun. It should not be a quick process to obtain a firearm. I support California's requirements. The mere process alone may deter people from obtaining a firearm.

Where these regulations become tricky is when guns are purchased through an individual, online, at a flea market or a gun show. These people are not required to have a Federal Firearms License (FFL), according to The Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF), a division of the Department of Justice. These requirements only count for those who are conducting the sale as a part of their business.

Amazingly this is how a person can obtain a firearm without technically breaking the law. Children under 18 may also possess guns if they were given to them by a parent or guardian. This is the real place where gun control needs to improve. While I'm not against a person owning firearms, and I support the right to have one for safety reasons, they should not be an easy thing to obtain.

Julie Pike

Bringing the conversation of sexual assault to USM

Student groups work to create a space for supportive discussion

Julie Pike
Editor-in-chief

In response to the #metoo movement and the Women's March, the discussion about sexual assault has been trending across the nation, including right at USM. It has been close to five months since the #metoo movement went viral on social media, empowering victims to share their stories of sexual abuse and harassment, and over a year since the Women's March began as a protest against the inauguration of President Trump and his treatment of women, yet the impacts continue.

The Portland chapter of the International Socialist Organization (ISO) hosted an event on Wednesday, Feb. 21 to discuss the #metoo movement and the fight against sexism. It was held in Payson Smith on the Portland campus. ISO wanted to address big questions, such as how to build these movements and how create a campus community that encourages students to speak up about sexual assault.

"As an organization that has feminism at its center, we see the #metoo movement as an amazing step forward towards building a movement that's able to tackle the root causes of gendered oppression," said Fern Thurston,

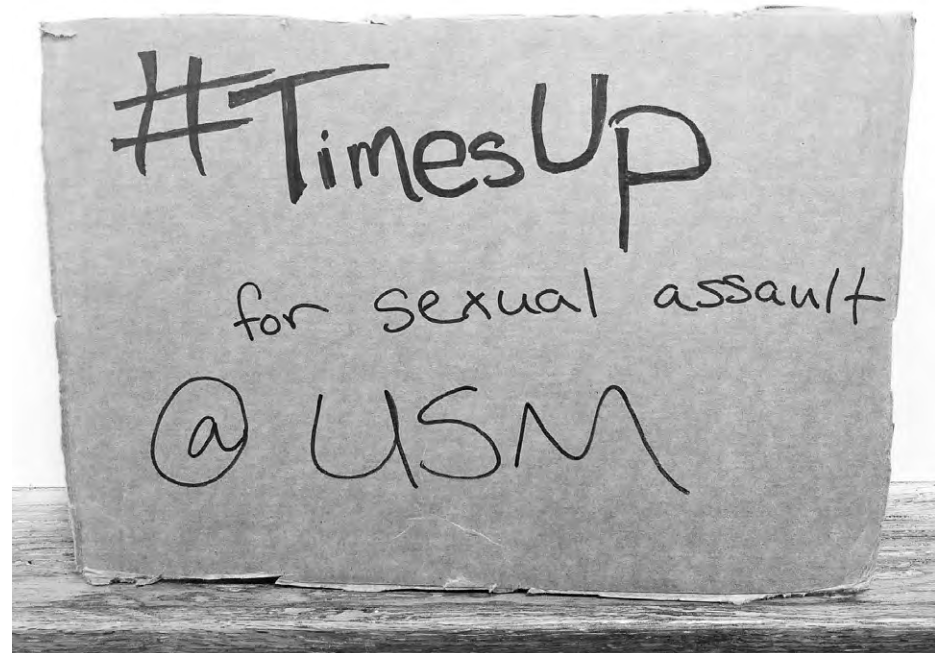
an ISO member.

Thurston added that the recent news about a sexual assault lawsuit against USM brought forth the idea to have a discussion. David Roussel, Assistant Vice President for Student Affairs, emailed the student body about this news story in early February. The Portland Press Herald reported on the matter on Jan. 31 stating that the lawsuit was filed by a former student, who claimed she was sexually assaulted two separate times on campus in Gorham back in 2012. The assaults were reported to campus police, but the student alleges that the school did not investigate to the extent required by law.

"When we heard about the lawsuit being brought against USM by a survivor of multiple assaults on its campus, we knew we had to open up the conversation about assault at USM," Thurston said.

The central focus around ISO's event was to encourage discussion and provide a safe space to speak about sexual assault. Kara Kralik, an ISO member, began the discussion by explaining the background of the #metoo movement and women's marches. After that it was open to those in attendance to join in on the conversation.

"We believe that if students come together to discuss their lived experiences, and discuss the systems in place that disempowers survi-



Julie Pike / Editor-in-Chief

A sign made by the ISO that was on display at their event, The Fight Against Sexism.

vors, that we can eventually band together and change the system in our favor," Thurston said.

The event drew an audience that was approximately half male. Caitrin Smith-Monahan, the chair of the ISO, found that the equality of genders in attendance showed a widespread support for the movement in discussion.

"This is awesome that we have a room full of men who want to talk about fighting back against sexual assault," Smith-Monahan said.

The discussion also allowed women who are survivors of sexual assault to share their personal stories in a supportive environment.

"I've had to say #metoo and I want to live in a world where my daughters don't have to," stated Smith-Monahan.

The conversation about sexual assault will continue at USM with an event hosted by Huskies for Reproductive Health called The Fight Against Campus Sexual Assault on March 20. The group is working with USM's Queer Straight Alliance and USM Socialists to create a discussion based event about the #metoo movement and campus sexual assault. It will be held in the Woodbury Campus Center Amphitheatre at 7 p.m.

The event will feature a panel of student leaders to conduct a discussion around topics such as the #metoo movement, what USM can do to help its students, trans/queer

violence, the culture of rape on college campuses and what students can do to change it.

ISO will be hosting another upcoming

"I've had to say #metoo and I want to live in a world where my daughters don't have to."

- Caitrin Smith-Monahan
ISO Member

event, featuring a speaker who worked on the Carry That Weight campaign from Columbia University. Carry That Weight began as an art performance by Emma Sulkowicz, who carried the mattress that she was allegedly raped on wherever she went on campus. Students eventually began to help Sulkowicz carry the mattress, symbolically showing their support. A member of the ISO who worked on that campaign with Sulkowicz will be sharing her experiences at the event, of which the date has yet to be set.



Julie Pike / Editor-in-Chief

Front page of the SocialistWorker.org national newspaper that featured a story about #metoo. The ISO used this story as an example during their event on Wednesday, Feb. 21.

The timely process of awarding tenure to faculty

What it takes to work towards the highest achievement at a university

Sarah O'Connor
Staff Writer

Achieving tenure as a professor at any university is a huge academic achievement and requires a lot of time and work in service to their university and their academic portfolio.

At USM, applicants for tenure must fill out the personnel action form to be judged by the Board of Trustees and their academic department after they complete their sixth probationary year at the university, according to the official document, USM Criteria for Tenure and Ranks. After obtaining recommendations from peers in and out of their desired university, students, an individual from the university provost's office, and the president of USM, they must provide a portfolio of their work to the Board of Trustees.

All that work is worth it for the benefits that tenure brings. Tenure is the award of a permanent post in a university, offering stability to the professor who achieves it. This opportunity is extremely hard to come by, though, according to Dr. Adam Tuchinsky, Dean of the College of Arts, Humanities, and Social Sciences.

“At USM, we are particularly concerned that faculty live up to our service promise: that students feel that faculty and staff treat them respectfully, compassionately and equitably.”

- Adam Tuchinsky
Dean of the College of Arts,
Humanities, and Social Sciences

Regarding the rigor of the process that academics face entering the profession, Tuchinsky said, “Given the paucity of academic jobs, most reputable PhD programs are highly selective. Only top students even apply for PhD programs and acceptance rates hover at around 15%.”

Completion rates for getting a PhD in

humanities is low, and even those that complete their PhD, only 50 to 60 percent of academics land tenure track positions after their roughly eight year process of completing their PhD, according to Tuchinsky.

“All of which is to say that faculty undergo a roughly fourteen-year apprenticeship before reaching the “promised land” of tenure,” Tuchinsky said.

Drawn to USM for a variety of reasons, academics must make a decision regarding which university's personality matches their own. The mission of USM, the diversity of the study body, the location and the programs that have faculty with national and international reputations make USM an attractive university. For Jamie Picardy, an assistant professor on the tenure track at the new Food Studies Program, USM seemed to be the right fit for her.

“Our study body is one that I can relate to personally, with a similar working class to middle class background,” Picardy said. “Being someone in my family, the first female to go on to a higher education, I identify with many of the students here. I contribute to the metro-Portland economy... The third reason is the strong support and excitement over the development of a food studies program. I find there's a wonderful creative energy here at the institution as well as in the greater Portland area to support the launch of this great idea, and I want to be part of this energy.”

Once an academic is hired on tenure track, they must demonstrate in their six years of probation that they are worthy of the award. Each department has their own set of criteria for evaluating academics for tenure and promotion to be submitted to the University of Maine System Board of Trustees. According to the University of Southern Maine Criteria for Tenure and Ranks document, the faculty members of USM are evaluated for tenure on the basis of their teaching contribution, first and foremost, their creative scholarly achievement, and their service to both the university and local community. Service could include participating and leading professional associations, consulting, working in community projects, overseeing department interns, or developing curriculum.

While tenure provides stability for professors at universities across the nation, USM holds professors accountable with peer evaluations every four years.

“Tenure does not mean the end of accountability,” Tuchinsky said.

According to Tuchinsky, tenured faculty are reviewed by academic administration



Photo courtesy of the University of Southern Maine website

Jamie Picardy, an assistant professor on tenure track in the new Food Studies Program

and their peer units, reviewing both their work as scholars and teachers. These reviews also include student evaluations, which faculty and administration take seriously.

Tuchinsky said, “At USM, we are particularly concerned that faculty live up to our service promise: that students feel that faculty and staff treat them respectfully, compassionately, and equitably.”

Tuchinsky notes that while accountability under tenure is a priority, tenure gives faculty the freedom to “investigate unpopular ideas” and “gives faculty an investment in the university, encouraging a long-term stake in the institution.”

For Picardy entering a new program at USM, she feels that she is making an impact in the university community.

“My initial mark has been the actual development and implementation of some of the curriculum,” Picardy said, “as well

as building a network of community partners... or actually taking the needs of our community partners and taking it to the classroom to create community engaged projects that, in the end, we'll have a product that our stakeholders can use. I think that's the value I add to this program.”

USM has a broad range of tenured professors with a focus on attaining younger academics. Tuchinsky argues this is more affordable as tenured professors rarely change institutions.

“Salaries for professors remains somewhat low compared to other learned professions because universities don't have to compete for mid-career professors,” Tuchinsky said.

Tenure therefore benefits students with experienced and creative professors, the tenured professors, and the university they work for.

The quest for consistency in online learning

CTEL's partnership with the Communications department to improve courses

Emily Adams
Contributor

The Center for Technology and Enhanced Learning (CTEL), located on the Portland campus, is working with faculty to further develop both online and blended (both online and in person), courses.

"[They] collaborate [by] providing course design support and training in commonly used course technologies," said Paul Cochrane, the department head of CTET.

On USM's website, under CTET, they have various resources available to professors and faculty such as grants, workshops offered and information about electronic resources for students. CTET offers grants to support teaching and learning initiatives that will lead to higher quality learning experiences for the students at USM.

Professor Russell Kivatisky, the head of

"It would always be great to have more people to work with CTET to work with faculty... I certainly have appreciated the support I have gotten from that office."

- Dr. Michael Stevenson
Faculty member from the
Psychology Department

the Communications and Media Studies department (CMS), has stated that they are working closely with CTET to make online learning easier to navigate and access for their majors. They are in the process of making the move out of the classroom and into the online format. As of right now, it is only the Communications major and not the Media Studies major that is moving online.

Their partnership is also allowing the incorporation of more core curriculum classes and majors into online programs. CTET awarded the CMS department with the Sloan Foundation Grant. This grant, among others offered, can be used to learn more about the online community, the transition or even to fund the setup of a major online.



Katelyn Rice / Staff Photographer

The Center to Technology and Enhanced Learning's office located in 214 Glickman Library, where Paul Cochrane works with his staff

As part of the grant's guidelines, both individually and collectively, members of the CMS department attended multiple workshops and conferences. The conferences the CMS department took part of "had to do with course design and research related to online students" stated Kivatisky.

The Communications major is just the beginning of a new world of online learning. By offering grants and workshops, CTET is encouraging professors and entire departments to consider online courses. Academic departments are working with CTET to setup courses online, and are accepting grants to assist them with that. For example, Dr. Michael Stevenson, a faculty member in the Psychology department, accepted a grant from CTET to purchase a new iPad.

"We were just kind of playing around with various kinds of video software. It was helpful to have the little grant to get me this piece of equipment that made it easier for me to do the work that I'm doing," said Dr. Stevenson.

Dr. Stevenson currently teaches four online courses through USM and is actively involved in with the University College

Faculty Institute, which which is hosting an event at the University of Maine at Augusta. According to the USM website, under the CTET tab, the University College Faculty Institute "gives UMS faculty, academic staff and campuses a platform to share their ideas and advice about teaching with their colleagues. It is an opportunity to highlight your own successes and develop new strategies for dealing with educational challenges."

According to Dr. Stevenson, the University College Faculty Institute entails a full day of workshops, and it has experts from all over the University of Maine system (UMS). He described the day as a time when UMS faculty are invited to propose workshops and different ideas. This year, Dr. Stevenson will be proposing set rubrics to help make the grading process of online courses more efficient.

Electronic resources, such as E-reserve can be found on the USM's website under the library page, there are also direct links to it on CTET's page. E-reserve is utilized by faculty for courses that take place both online and in person. Dr. Stevenson stated that he utilizes E-reserve with his online

psychology courses so students have access to a chapter of a book or an article needed for the course.

"I think they're doing a great job, you know it would always be great to have more people to work for CTET to work with faculty," Dr. Stevenson stated. "I certainly have appreciated the support I have gotten from that office."

Dr. Stevenson said that CTET is doing an amazing job with the resources they have to help both faculty and students with course design and accessibility. Professor Kivatisky has utilized CTET's resources and has found the curve of achievement is the same for both in-class and online courses.

Many students have to work full-time and have limited availability during the week due to a job or other commitments. It is because of the everyday circumstances individuals face, that online courses and online majors are becoming increasingly more important and sought after. CTET recognizes this, and works with faculty and professors to offer courses, majors and resources online.

BSO AND SGA ELECTIONS

Do you have an idea for questions to ask the student body? the ENTIRE student body? Please let us know!

Be part of a great organization and help students every day, Join the Senate or BSO, Start Today!!!

The Board of Student Organizations will hold their elections on Friday the 16th of March!

The Student Government Association will be holding their Elections on March 21-23rd

Polls close at 7pm

Student Government Nominations Form submission close the 20th of March for Senate seats. You don't need anyone to nominate you, you are welcome to step-up and do it yourself!



Stop by the SGA office at Woodberry Campus Center or email christopher.r.marcoux@maine.edu for forms and more information!!

WORLD NEWS

Catch up on international happenings

Sarah Tewskbury
Staff Writer

Australian Deputy Prime Minister will resign due to sex scandal

Barnaby Joyce, resigning deputy prime minister, has been the topic of discussion in Australia since Wednesday, when it was made public knowledge that the woman with whom he was carrying out an extramarital affair was pregnant. A former staff member of Joyce joins him in public scrutiny about not only morals and ethics of political figures, but also the Australian peoples' role in the affair. Constituents are calling for a full inquiry into whether or not public funds were used to support the affair and how deeply Joyce's favoritism played into his partner's achievements of high paying jobs in the political world.

Nigerian schoolgirls remain missing

Earlier this week, a girls school in northern Nigeria was raided by Boko Haram militants who kidnapped dozens of the schoolgirls. Some reports have shown that the government officials have located the girls. However, Nigerian government officials are saying they do not know the whereabouts of the children. Parents have taken to demanding action from the government by disrupting a motorcade of officials, including the governor. Parents were reportedly told that the 94 girls missing had been rescued and then told immediately after that they were in fact, still missing.

Macron encourages France to tighten immigration laws

President Macron's government proposed an intense revision to immigration law this week, looking to toughen the process for asylum seekers. The proposed revisions would lessen the time asylum seekers have to apply for aid and immigrant status once they are in the country. It would also suggest that the time they have to appeal any decisions is cut entirely in half. Critics of the changes are suggesting that Macron is simply trying to appeal to the far right political parties in France, making it easier to work with them in the future. Human rights activists are publicly calling

out Macron for insensitivity and inhumanity.

Mexico's former party leader preemptively moves to block possible arrests

Corruption scandals have followed Manilo Fabio Beltrones for decades. However, Beltrones has been able to evade being held accountable for any corruption charges. One of the largest cases being built against Beltrones surrounds the embezzlement of millions of dollars of government money for personal use in the 2016 campaign cycle in Mexico. In order to avoid being arrested under the premise of fraud and embezzlement, Beltrones has filed an injunction with a federal court that he hopes will prevent credibility and authority from being granted to any arrest warrants.

Unanimous approval in the U.K. House of Commons on organ donor bill

The United Kingdom is making swift moves to ensure that all citizens will be presumed organ donors. The intention is to eliminate the shortage of organ transplant donors. The proposed bill will be enacted in England. Wales already has a presumed organ donor bill in place, while Northern Ireland and Scotland will abstain from the jurisdiction of the law, allowing their own individual systems to remain in place. One of the factions written into the law states that people who do not want their organs to be donated will have to fill out paperwork to remove them from a donation list, which is part of a process called "presumed consent." The U.K. hopes to increase lives saved due to organ donation.

'Peace pipeline' in the Middle East begins in Afghanistan this week

Breaking ground on a 1,127 mile long natural gas pipeline, Afghanistan hopes to help balance its economic development. The project is set to cross through Afghanistan, Turkmenistan, Pakistan, and India in order to promote international relations, economic growth and peace. Costing over \$22.5 billion, the pipeline has been a hot spot for controversy. Historically deep conflicts between the regions

involved are argued to outweigh any modern developments that could promote partnership between the nations. At the ground breaking ceremony on Friday, leaders from the four countries were hopeful and encouraging to their citizens, hoping to gain support for the pipeline.

UN goes after South Sudan leaders for crimes against humanity

Over 40 military leaders and government officials are being charged with war crimes and crimes against humanity in South Sudan this week. During the nation's civil war, which has gone on for four years, mass murder, rape, disembowelment, castration and mutilation was rampant and sanctioned by corrupt leaders. During the civil war, over one third of the population of the nation was forced to flee their homes in search of safety and to avoid aggression. The commission, brought together by the UN, to investigate the crimes committed hopes to both send a message that crimes against humanity will not be tolerated and to ensure that justice is brought to the individuals who violated their own citizens' rights.

Images of Mussolini surface in Italy as protesters rally

As the election season in Italy grows nearer, political violence has erupted surrounding fascist and nationalism propaganda that has been spread throughout the nation. Posters with images of Benito Mussolini have resurfaced and old tagline sayings have been heard in political conversations. To combat the attempted rise of fascism in Italy, anti-fascist protesters have rallied in Italian towns and cities to show their distaste for the political ideology. On Thursday protesters clashed with law enforcement in Turin, a city located in the northern region of the nation, close to the border of France. The protesters worry that unless the rise of the old ideals is shut down, political extremism and radicalization will occur within the government and corrupt Italy's system.



Police Beat

*Selections from the
USM Department of
Public Safety police log
Feb. 1 to 16*

02/01/2018

We've got a roadrunner

A hit-and-run motor vehicle crash was reported at 6:31 p.m. Occurred in the G16 parking lot on the Gorham campus. Still under investigation by campus police.

02/02/2018

Banksy is at it again

Vandalism to a poster reported in Upton-Hastings Hall at 9:26 p.m. Under investigation.

02/06/2018

Trouble times three

Burglary was reported in the Woodbury Campus Center at 4:08 a.m. Officer who responded reported that the person had broken into the center. Subject was arrested and charged with Burglary, Criminal Mischief, and three counts of Criminal Threatening.

02/07/20178

What happens when you don't follow the rules

Disruptive person reported at 8:03 p.m. in Woodbury Campus Center. Officer who responded removed the subject from the Campus Center and issued a trespass notice and a criminal summons for Criminal Trespass.

02/08/2018

It's not easy being a starving artist

Theft reported of art supplies on the Gorham campus at 11:30 p.m. Under investigation.

02/16/2018

Don't let the librarian hear you

Disruptive person reported in the Glickman Library on the Portland campus. Caller requested an officer to respond. However the person was gone once the officer had arrived.

Police Beats are edited for grammar and style.

Arts & Culture

Subtle Degrees brings unique sound to stage *Space Gallery hosting band's performance of debut album*

Kate Rogers
Staff Writer

Subtle Degrees, an ensemble consisting of drummer Gerald Cleaver and Travis Laplante on tenor saxophone, is certainly uncategorizable. Their album, *A Dance That Empties*, was released on Feb. 23. There are only three tracks, each with its own unique mood. Roughly 40 minutes in length, the album evokes a strong jazz feeling with some very classical and postmodern twists. Instead of contrasting, these elements blend perfectly together and create something that is beautiful in an incredibly unique way. This album will take listeners on a journey.

"This music isn't about thinking at all," Laplante said when asked about the message of the album. "It's about a deeper connection from heart to heart." Artists will often come out and explain what music means, and without criticizing that method at all Laplante said he doesn't want to do that.

"I feel very passionately about the mystery of music," he said. "There is something extremely intimate and personal about it." Laplante went on to explain that every person who hears the pieces will have a different experience, and he really wants to encourage that. "It's like a reflection pool," he said about the album.

Laplante is part of other bands: one called Pretty Women, and a saxophone quartet called Battle Trance. As a kid in VT, his relationship with music began in the fourth grade. Originally he said that he wanted to play the drums, but

he asked his mom for her opinion first. Despite not being a very musical person, she said that she had always loved the sound of the saxophone. So that is what he chose.

"It felt insignificant at the time, there was no pressure," Laplante said. Although he quickly became, as he said, "really attracted to it in a way that there was something beyond the notes. I could connect with people and the

"This music isn't about thinking at all, it's about a deeper connection from heart to heart."

- Travis Laplante
Subtle Degrees member

universe in a way I never had."

Laplante went on to get more interested in jazz, swing bands, and music from the underground New York scene. Eventually he went to The New School in Manhattan to study jazz. This is where he first got into a practice room with Cleaver. The two had met beforehand at Laplante's first concert at The Knitting Factory in 2001, when Laplante was 18 years old. Introduced by mutual friends, they hit it off and exchanged phone numbers. When they finally got to play together though, Laplante said that he felt as soon as they stopped that there was a very special

musical connection.

"It felt incredibly magical, and as if the room were a thousand miles long," said Laplante. "There was a sense of vastness."

Cleaver is, according to their label's bio, "One of the New York jazz scene's leading drummer and composers." Laplante spoke incredibly highly of him, saying that he regards Cleaver as one of his "favorite living improvisors." The two of them have "a very special musical connection," said Laplante.

After the first time they played, they didn't make anything together immediately because Laplante felt as though he needed to take a break. When Laplante first started writing what would later become *A Dance That Empties*, he saw it as a great opportunity and wrote it with Cleaver's ability and style in mind. The piece began as a commission to be played at Roulette in Brooklyn. However Laplante decided that he "wanted it to live on past one performance." Thus the project was born.

Subtle Degrees will be debuting their album in a performance at The Space Gallery at 538 Congress St. on March 1. The doors open at 7:30 p.m., and tickets are \$10 in advance and \$12 at the door.

"I am hoping for the unknown," Laplante said about this debut. "That a group of people can come together and experience love through music." More information on the show can be found at Space538.org.

FP



Photo courtesy of New Amsterdam Records



Photo courtesy of New Amsterdam Records

Maine Foodie Tours in Downtown Portland

Perfect opportunity to experience an array of local foods and brews

River Plouffe Vogel
Sports Editor

Portland is by far, the largest city in Maine. Some wouldn't call it a city, but rather a big town. However, compared to its size, it has countless attractions. For one, it's right on the coast and has almost 360 degrees of striking ocean views. It's close to the mountains as well, being less than two hours from the White Mountains in NH, and from amazing skiing and snowboarding at Shawnee Peak or Sunday River. The heart of downtown has the hustle and bustle of a city, but drive twenty minutes in any direction and one finds themselves surrounded by beautiful farmland or forests. Perhaps only in Maine can one find such an Eden of city and country life, coming together to make this unique and wonderful combination.

In recent years Portland has also made a name for itself in the food and beer industry, although locals will say that it has always been a mecca of the freshest seafoods and locally sourced goods. It's overwhelming trying to count all of the restaurants and bars located in such a small radius, and even more so when trying to decide where to go and what to eat. It seems like every week a Portland restaurant is winning an award, or a brewery is coming out with a new brew. In fact, Portland has been given the prestigious label of "Best craft beer city in the world" by Matador Network, an independent travel

publisher with over 12 million subscribers. The Bangor Daily News recently published a piece about Matador's review and quoted the Network saying,

"With a population of just under 204,000, Portland is Maine's largest city. However the fact that it's small shouldn't mean anything. Not only is it considered to have the most restaurants, per capita, than any other U.S. city, but it's jam-packed with craft brewery operations and bars that support them...This is a city that welcomes people branching off on their own. And if you can brew a good beer, pretty much every bar in town wants to support you."

This speaks to the supportive culture that exists between Maine farmers, restaurants and breweries. Where competitors are actually working together; where the love and passion for Maine made and Maine grown goods outweighs dominating the market.

Luckily, for those who struggle to pick just one place, Portland has an answer for that as well.

Maine Foodie Tours offers culinary walking tours of Maine cities and towns such as Portland, Bar Harbor, Camden & Rockland and Kennebunkport. The tour includes an award winning, intimate, fun and interactive way to visit several of Portland's prime locations, and learn the history of the city, all while walking through the old port and downtown. The Maine Foodie Tours have been praised by the likes of The New York Times. American Towns Media named

Maine Foodie Tours one of the 10 Best Guided Tours in Maine. Not to mention a six years of excellence certificate from Tripadvisor.

The typical tour lasts around three hours, and visits at least five separate locations. Every location is filled with Maine made and locally sourced products, which is what makes these tours so spectacular and informative. Rarely can someone walk into a restaurant, cafe or dessert shop and buy the goods directly from the owner, who can explain exactly where they got all the different ingredients that go into their product.

One such example is Dean's Sweats, located on 475 Fore St. Dean Bingham, the owner, is a local architect who designed the restaurant, Grace, out of a church. It's one of the most breathtaking venues in the city and is often booked well in advance for weddings and special ceremonies. Bingham spends his time drawing up delicious treats these days, using ingredients such as locally sourced vodka from Maine potatoes, goat cheese from a farm in Brooksville Maine, and sea salt from as far as Machias. He even

has a Moxie flavored candy that he admits isn't his favorite but is always a hit with the diehard Moxie fans.

Ray Chung, from Menlo Park California, participated in a Foodie Tour on Presidents day.

"We love Maine. This is the third time we have come here. The tours great, the weather is great and the people are so nice," Chung said. He added his son, Colby, has been to Portland before, in fact, "It's been really great for him, he's really fell in love with Maine."

Colby is a high school senior and in his first trip to Maine visited Freeport, and the graceland for L.L. Bean fans, the L.L. Bean flagship store. If you ask Colby what he likes about the tour, he will tell you, "My favorite part of the tour was HiFi Donuts. They had a solid all around donut. It's pretty dope!"

To learn more visit Maine Foodie Tours at <https://www.mainefoodietours.com/>, call at (207) 233-7485, or email info@mainefoodietours.com, and of course check them out on Instagram, Twitter or Facebook.

FP



Lauren Kennedy / Director of Photography

The Maine Foodie Tours last for about three hours. During that time, guests have the chance to visit about five dining locations in town while simultaneously learning about the history and culture of Portland.

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The culture and lives of Iranian women

The Poet and the Assassin presents their history and values

Ben Theriault
Staff Writer

Two weeks ago, on Feb. 14, *The Poet and the Assassin*, a five-act play written by USM's own, Reza Jalali was performed at Talbot Hall on the Portland campus. The play is a part of the Gloria S. Duclos Convocation who's theme is race and participatory democracy.

The Poet and the Assassin was performed by an all female cast of students from Bates University. Each act of the play is a monologue delivered by one of the characters, all who represent a different core principle of Iran. The characters are: the Daughter of Iran, the Storyteller, the Poet, the Veil, and the Daughter of the Revolution.

During the opening of the play the five women walked out on stage dressed in chadors, a traditional Iranian gown worn by women that is a large piece of cloth wrapped around the wearers head, leaving only their face exposed. The show begins with the women walking around in a circle, dispersing and then all simultaneously sitting down. This routine is practiced before the start of every act.

Once the women all sit down, one stands

and removes her chador. She identifies herself as the Daughter of Iran. In this act, The Daughter of Iran tells the story of the birth of Persia, its diverse heritage and the Islamic Revolution of 1979. The "curse" of being an Iranian woman is analyzed during this segment. Issues such as infanticide, acid attacks, corporal punishment and human trafficking are confronted. While delving into the troubles women face, the Daughter of Iran describes the essential role women play in protests and the fight for equal opportunity. Once her monologue is delivered, the other women rise and the Daughter of Iran returns to the sea of veils.

Next, the storyteller stands. Her monologue is a retelling of 1,001 Arabian Nights that incorporate Iranian culture. This well-known story is about a malicious Middle Eastern King who seeks a new bride every night, only to kill her by the next morning. One of the victims evades this fate by telling the king a new story every night for 1,001 nights. Jalali is able to cleverly use the well known story as a way to orchestrate a point about women in Iran. By blending Iranian culture with these stories, the spectator is able to see that the way women in Iran are treated is not so different from the bondage experienced at

the hands of the fictitious king.

The third act centered on the mythology and poets of Iran. Jalali uses this as an excellent opportunity to acquaint the viewer with a variety of important Iranian figures. Of those referenced, is the alleged first female Persian poet, Rabia Rabia Balkh; the first female ambassador since the 1979 Revolution, Marzieh Afkham and female poet and filmmaker, Forugh Farrokhzad. Through embracing these powerful women, Jalali is able to display the significant contributions to Iranian culture made by women and the intrinsic spirit that connects them with contemporary women.

After the poet sits down the embodiment of the veil rises. During this act, prejudice sourced from the Western world is explored. They discuss the veil and the various implications that accompany it. This segment works to dispel the belief that all women that wear a hijab are oppressed; this assumption is dismissive of the connection that many women feel towards their culture.

The final act was performed by the Daughter of the Revolution. This monologue

sought to evaluate issues in contemporary Iranian society. Problems such as, disparities amongst generations, political incarceration and honor killings are expanded upon poetically. Jalali uses female activist Neda Agha-Soltan as the face of the revolution. Neda was shot in the throat during a protest in 2009. Jalali takes notice of the exact location of the wound, which he perceives as a threat demanding silence. The theme of women resisting this silence, even in the face of death, is truly the heart of this play.

The Poet and the Assassin is a uniquely presented look at some of the daily strifes experienced by women, filled with fascinating insight about history and culture. Jalali stated that because he was always surrounded by strong women, who he saw as magical, he felt compelled to share the story of Iranian women with as much of the world as possible. He felt that theater was the best medium to achieve this because it allows you to invoke empathy for others in the viewer, which then leads to social change.

FP



Photo courtesy of Reza Jalali

A Man of No Importance

Music by Stephen Flaherty
Lyrics by Lynn Ahrens
Book by Terence McNally
Directed by Cary Libkin
Musical Direction by Ed Reichert

Friday, March 2 to Friday, March 9, 2018
Main Stage, Russell Hall, USM Gorham Campus

Friday, March 2 at 7:30 p.m.	Thursday, March 8 at 7:30 p.m.
Saturday, March 3 at 2:00 p.m.	Friday, March 9 at 10:00 a.m. – School Matinee (Grades 8 & up)
Saturday, March 3 at 7:30 p.m.	Friday, March 9 at 7:30 p.m.
Sunday, March 4 at 5:00 p.m.	
Wednesday, March 7 at 5:00 p.m.	

Box Office: (207) 780-5151, TTY 780-5646
or visit usm.maine.edu/theatre
\$10 students; \$16 seniors/faculty/staff/alumni; \$22 general public

UNIVERSITY OF SOUTHERN MAINE

MOVIE TALK

Pooh's Grand Adventure

Revisiting memories of classic childhood movies

Cooper-John Trapp
Staff Writer

For those wishing to submerge themselves in nostalgia, a double-edged sword must be forewarned. The movies of your childhood are not the same to you anymore. The plot twists and musical overture inspires little in the way of unbridled awe over us as it once did, and the veracity of story seems a little, well, tame. However, they remain enrapturing nonetheless, and many parts still jog your memory, eliciting a smile or gasp. Most importantly, watching these movies now in our college years affords us a lens through which to more accurately see the writer's perspective, and to understand the often more adult, darker, and complex themes that as children we could not notice.

Winnie the Pooh and the boy Christopher Robin are best friends as summer draws to an end. Christopher Robin knows he must soon depart, but Pooh insists any news can wait. Unable to break it to Pooh, Christopher Robin affirms this parting advice: "If there is ever a tomorrow when we're not together...there is something you must remember. You are braver than you believe, stronger than you seem, and smarter than you think. But the most important thing is even if we're apart... I'll always be with you."

That next morning, a mysterious note attached to a pot of honey sets into motion a grand adventure for Pooh, Piglet, Tigger, Rabbit and Eeyore to rescue Christopher Robin from his unknown fate. Banding together and remembering Christopher Robin's message, they overcome their insecurities and find him safe and sound. Pooh's Grand Adventure teaches life lessons about friendship and self-esteem and that things are rarely as scary as they seem when we are frightened and alone.

What Pooh's Grand Adventure does so well, and why it deserves a slot in your Sunday afternoon, is the relatable problems each character faces, and the way that each find it within themselves to do what it takes to rescue their beloved friend. In the movie's climactic scene, Piglet, Tigger, Rabbit and Eeyore locate the high shelf inside the 'skull' where their friend supposedly lay. All throughout the movie, the troupe had lamented that if only their friend Christopher Robin were here, they would know what to do, and where to go. Now, feeling neither brave, strong, or smart, they must reverse roles and rescue him.

There is a mildly darker theme that goes along with the movie, and perhaps contributes to much of the film's staying power- complex issues represented in a digestible, humanizing format. A theory goes that each character in Winnie the Pooh represents a different mental health disorder. Pooh has an eating disorder and is impulsive and forgetful, constantly eating honey and forgetting his words; Rabbit has Obsessive Compulsive Disorder (OCD); Eeyore has clinical depression; Tigger demonstrates hallmark signs of Attention Deficit Hyperactivity Disorder (ADHD); Piglet has generalized anxiety; and Owl is

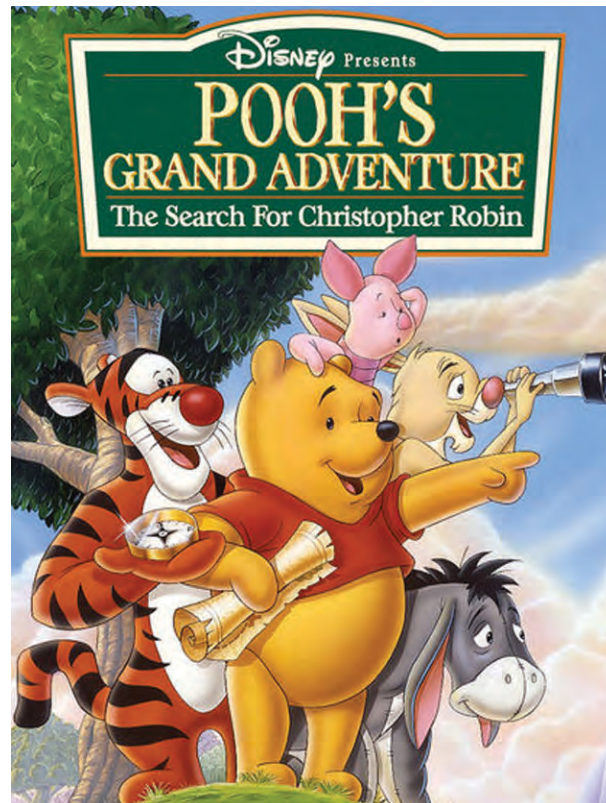


Photo courtesy of Walt Disney Pictures

dyslexic and narcissistic. It is Owl's dyslexia which causes him to misread 'school' in the mysterious note as 'skull'. This error results in the troupe heading out into the Hundred Acre Woods with a hand-drawn map to find Christopher Robin in the eye of the 'skull' amongst the danger of the 'Skullasaurus'.

The movie epitomizes life and struggle in the Hundred Acre Wood in a manner directly translatable to the adult world. There may be times when we don't quite feel brave enough, strong enough, or smart enough for the challenges life presents. The theme running through it all, threading the knot between the protagonists and inspiring them to persevere, is true friendship. Were it not for their shared quest to save Christopher Robin and were it not for the strength of their friendship, they may not have had the courage to reach beyond their limits to help each other. It is a story of friendship and overcoming self doubt.

In a day and age that trust is rare and person to person connections feel superficial, Pooh's Grand Adventure is a welcome respite. Pooh's Grand Adventure: The Search for Christopher Robin is on Netflix and other such streaming services. At 75 minutes it is absolutely worth watching on a day you need a little encouragement and the message that even apart, friends will always be with you.

FP



A&C Listings

Monday, February 26

Beyond the Arctic Circle/Aurora Storm Double Feature

USM Portland Campus

Southworth Planetarium

Starts: 1:00 p.m. / Ends: 2:00 p.m.

Tuesday, February 27

Decolonization

USM Portland Campus

Glickman Library 7th Floor

Starts: 4:30 p.m.

Wednesday, February 28

Locking Up Our Own: Crime and Punishment in Black America

USM Portland Campus

Abromson Center

Starts: 5:00 p.m.

Thursday, March 1

Astronomy Art: Paint the Sky and Sculpt the Stars

USM Portland Campus

Southworth Planetarium

Starts: 10:00 a.m. / Ends: 12:00 p.m.

Friday, March 2

A Man of No Importance

USM Gorham Campus

Russell Hall Main Stage

Starts: 7:30 p.m.

Saturday, March 3

Romanian Fiddle Concert with Mierlita

Mayo Street Arts

10 Mayo Street

Starts: 7:30 p.m. / Ends: 9:00 p.m.

Want to submit an event?
maryellen@usmfreepress.org

Perspectives

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Our Opinion

Varying GPA requirements to make Dean's List

Among the seven schools in the University of Maine System

Jessica Pike & Michael LaForte
Staff Writer & Contributor

In high school, there was always that fight to make it into the top 10, to be the best of the school. The college equivalent of that is the Dean's List, where students who get above a certain grade point average (GPA) are recognized for their great academic skills. This sounds like a pretty good system, except for the slight problem of the different minimum GPA requirements needed for each college. Such is the case for the seven schools constituting the University of Maine System (UMS). The following is a USM student's view, Michael LaForte, on the GPA differences:

At the end of my first semester at college this past fall, the Dean's List was the final goal I needed to achieve. The wait was exciting. My friends had already taken to social media proclaiming their Dean's List status at other UMS schools, one with a GPA of 3.04 and another with a GPA of 3.3. (They had gone to the University of Maine at Presque Isle and University of Maine at Fort Kent (UMFK) respectively) Needless to say, I thought I was guaranteed a mention in the USM Dean's List with my GPA of 3.515.

What I hadn't taken into account was the fact that the Dean's List GPA requirement for USM was in fact a 3.6 as of the Fall 2017 semester, (it had in fact been raised from the 3.4 benchmark of the Spring 2017 semester.) It was my own embarrassing mistake to not check the Dean's List requirement for this semester, but I believe a problem still exists.

The problem is that the seven schools that make up UMS are not completely distinct entities from one another. All schools are administered by the same Board of Trustees. According to the UMS website, the board handles subjects such as academic programs, faculty tenure, operating budgets and tuition rates. UMS schools also follow the same yearly schedule to allow students attending one school to take courses offered by another.

It is here that I see a problem in the

UMS's line of thinking. Would it be a reasonable thing to say that, in a system of schools as integrated as ours, that students would be held to a universal academic standard?

Let's imagine a hypothetical three credit course offered by the University of Maine in an online format. If a student attending the University of Maine at Fort Kent were taking this course, the grade they need to push their average above the bar for Dean's List is less than someone attending the University of Maine. The students in this hypothetical class could be taught by the same professor with the same expensive textbook and syllabus, but the school on their transcript can determine whether or not their grade can elevate them to Dean's List or not. The difference in the GPA requirement can be as great as 0.6 grade points.

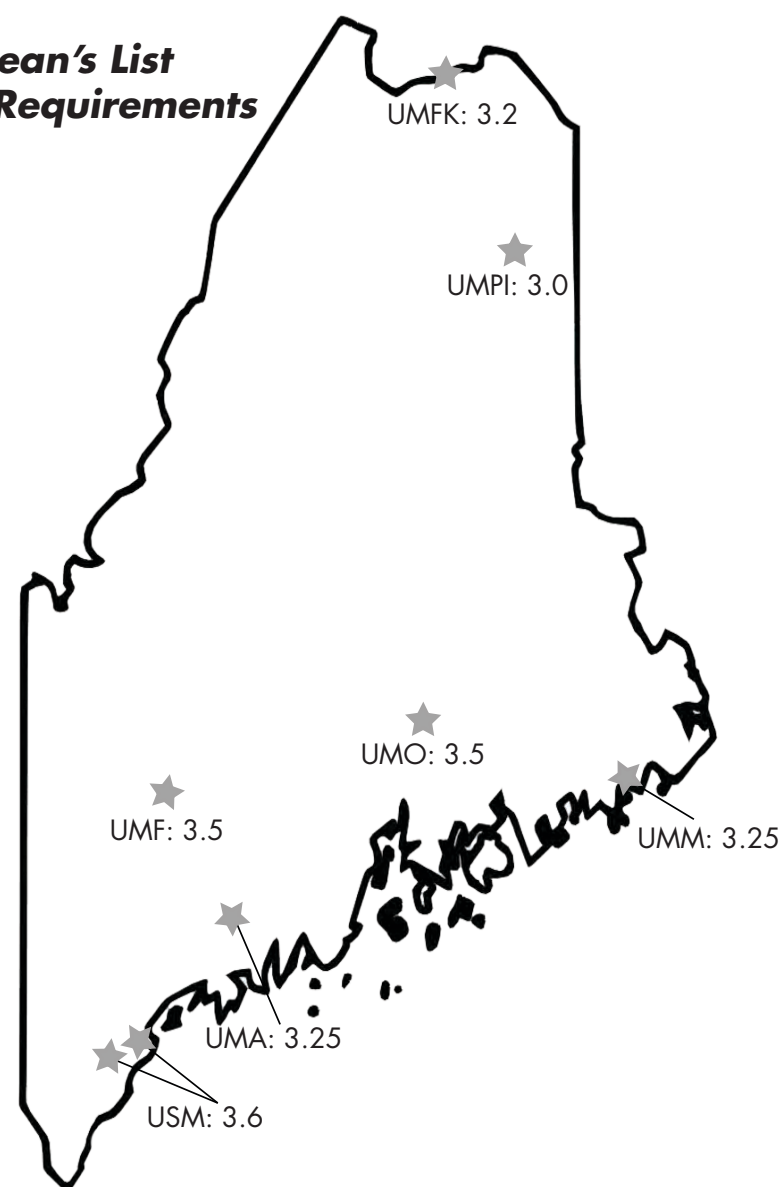
"I hope that not only the administration of our school but the entire UMS can find a way to hold all of their students to the same standard."

- Michael LaForte
Contributor

Such a great variance in what it means to make the Dean's List creates several issues. To see your name on the prodigal list doesn't come without perks in a society as competitive as ours. It's not just about bragging rights, those who make the Dean's List will find themselves more marketable to potential employers and to scholarship foundations.

Prospective students usually consider price, location and size of the campus, as well as the offered programs when deciding on where to earn their college degree; it seems that now they must include the

Dean's List GPA Requirements



Dakota Tibbetts / Graphic Designer

A map of the seven schools of UMS and their varying Dean's List GPA Requirements

minimum average for Dean's List as well. My second semester is now beginning to progress at full force and, while I certainly do hope to reach Dean's List this semester,

I also hope that not only the administration of our school but the UMS can find a way to hold all of their students to the same standard.

James' 'Gotcha Day'

The anniversary of his adoption



Photo courtesy of James Fagan

James Fagan and his younger sister when they were children sitting on the couch at home

James Fagan
Photojournalist

My name has only been "James Fagan" for fifteen years now. If you're wondering, no I'm not some genius who got into college at an incredibly young age, I was actually adopted when I was four years old. This past Feb. 14, Valentine's day is the fifteenth anniversary of my adoption into my family. Many families that adopt children celebrate this anniversary yearly as what is sometime called a child's "Gotcha Day." In certain adoptions, especially international ones, the day the parents meet their child isn't the same day the child is officially adopted, so in 2005, Sept. 15 was declared "International Gotcha Day."

Before I was adopted and my name was legally changed, I was Christopher Hanson. My name was changed from Christopher because I already have an adoptive brother named Christopher, and my parents thought it would be confusing to have two Christophers in the house. My name was changed to James after my maternal grandfather, James Monroe. Before my name was legally changed to James, my family would call me "little boy." This went on for long enough, that once a social worker came to my family's home to check up on me and make sure I was adjusting properly to my new home and they asked me my name, I told the social worker that my name was "little boy," because I honestly thought it was at that point.

My Gotcha Day coincides with Valentine's Day every year, since it's on Feb. 14. This year instead of celebrating Valentine's Day, I called my mother to tell her I loved her and later went to go be with my friends and we

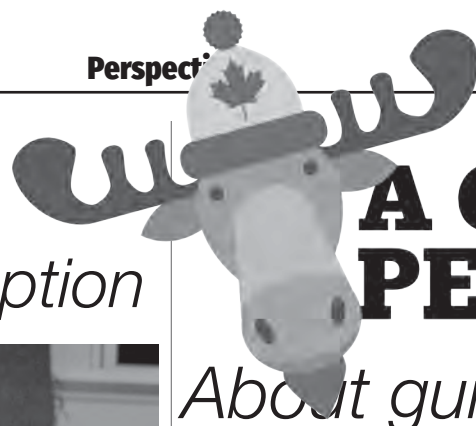
all celebrated my Gotcha Day and Valentine's Day together.

I am the second youngest of eight siblings. All of my siblings are adopted. I have three older brothers, three older sisters, and one younger sister. My oldest sibling, Jayne, is twenty years older than me, and my younger sister, Anna, is four and a half years younger than me. Two of my siblings have Native American ancestry, one of my siblings is Puerto Rican. Through an ancestry test I took, I recently learned that I have a German and French ancestry. My whole family comes from very different backgrounds, yet that has never been a problem among our family, and in many ways has brought us closer together.

Several times in my life I've had acquaintances approach me, before I've told them that I'm adopted, and said something along the lines of "Hey, is Chris Fagan your brother?" To which I respond that he is, and many times those same acquaintances will tell me that they "totally see the family resemblance!" I always laugh because there is no family resemblance to be seen because we are not biologically related at all. It's always fun explaining that to people, because they'll insist that there's definitely a resemblance, and that I look just like my siblings, as if I don't know for a fact that I'm adopted and am just pulling their legs.

If being adopted has taught me anything it is that blood does not always mean family, and family does not always mean blood. A family is decided by the connections you forge with the people around you, whether you live under the same roof or not. While family might not always get along, at the end of the day you can still come together and be supportive of each other.

FP



A CANADIAN'S PERSPECTIVE

About gun control in the U.S.

Maverick Lynes
Staff Writer

The tragic event that took place Feb. 14, 2018 in Parkland, FL has yet again sprung the gun control debate among American citizens. The school shooting was carried out with an AR-15 assault rifle and left 17 dead and 15 injured.

The shooting left America in a familiar debate regarding gun control. Many different calls to actions have been made. Nonetheless, something has to be done to prevent these tragic events from occurring as often as they do.

As a Canadian, I reverted to the laws in my home country in search for possible answers why these events happen more often in America. In reality, all the guns that America's mass shootings occurred with were carried out by firearms that are also available for purchase in Canada. However, they are all considered to be "restricted firearms" under Canadian law.

With that being said, Canada does have a strict process to purchase a weapon. To buy a firearm in Canada you first have to take a firearm safety course. Then you apply for a possession license in which you are screened by the Royal Canadian Mounted Police (RCMP) who search for possible red flags, such as a criminal record or mental health issues.

In Canada, the purchase of a firearm is not as closely related to self-defence as it is in America. With that being said, a good portion of Americans purchase guns strictly for sport, which is also legal in Canada.

Even with the different gun control laws in Canada, I do not know what they could have done to prevent America's worst mass shootings. If you were to put Canadian gun laws with American population and society, would that limit mass shootings? Probably. However, I cannot confidently say that they would be abolished.

One reality is that guns can be obtained illegally in which no laws could help. On the other hand, there are many instances in which the shooter purchased their weapons legally, where if they were to attempt to obtain in Canada they would have been declined.

For example, the Virginia Polytechnic Institute massacre on Apr. 16, 2007 which left 32 dead, was carried out by Seung-Hui Cho. Cho showed an explicit history

of mental health issues and showed signs of violence. For those reasons, Cho would have been denied a possession license in Canada. Thus would have prevented him from purchasing the two restricted firearms he used in the shooting. According to the National Post, in 2016 there were 402,138 possession licenses granted to Canadians, the program declined 336 for reasons that were a match to the same mental health issues Cho had.

However, in contrast to America's deadliest mass shooting in Las Vegas on Oct. 1, 2017, which left 58 dead, Canadian laws would not have prevented it. The perpetrator, Stephen Paddock had no criminal history and he also had no apparent signs of mental health issues. This means that Canadian gun laws would have been a bump in the road, but it would not have had the power to prevent it.

Everyone can agree that something needs to change, we just do not agree on what specifically needs to change. While some people are calling for gun control, others are looking for more support for mental health. Then there is also the opinion of more guns for people to protect themselves. There is not one solution that will solve the problem that is currently plaguing the United States; it comes down to an abundance of factors.

There is something about the tragic events in Florida this month that gives

"One reality is that guns can be obtained illegally in which no laws could help."

- Maverick Lynes
Staff Writer

the feeling that change is coming. High school students from all over the country are standing up for their right to protection, and their persistence may be what sparks change.

FP



It's not too late to vaccinate!

Lisa Belanger
Director of Health Services

Ken has the flu. Poor Ken. He's feeling nasty and pretty wiped-out with fever, body aches, sore throat, runny nose, cough and headache which are the most common symptoms. He had thought about getting a flu shot but because he had never gotten one in the past and never got the flu. He assumed he was somehow immune.

Influenza is now reported to be widespread in Maine. Because scientists have to predict months in advance what strains of flu will be circulating, the flu shot doesn't protect against all strains. However, research suggests that those who get a shot and still contract the flu experience milder and shorter symptoms. The vaccine was 48 percent effective in 2016-17 and 59 percent effective in 2015-16, according to the federal CDC. It's not yet known how effective the vaccine is for this season since it has

not yet ended.

If you have the flu:

Stay home or in your dorm room if you are sick, until you are fever-free for a full 24 hours without taking fever-reducing medicine.

Cough and sneeze into your elbow or into a tissue. Throw the tissue away.

Although most people can stay home to recover without seeing a health care provider, it is possible for healthy people to develop severe illness from the flu. Anyone with the flu should seek medical attention for:

- Dehydration
- Trouble breathing

Getting better, then suddenly getting a lot worse

Any major change in condition

Use of prescribed antiviral medications such as Tamiflu within the first two days of illness is an option for students deemed at higher risk of complications, such as



Samantha Comeau / Staff Photographer

The Ken doll display outside the Health and Counseling waiting room in 156 Upton

those with chronic health conditions. The medication is not a cure but may shorten the time you are sick by one to two days. In general, taking Tamiflu as a preventive measure after exposure to someone who has the flu is not typically recommended but each case would be handled individually.

At USM Health & Counseling Services, we would be happy to see students needing

medical attention during our regular business hours at our Gorham location at 156 Upton Hall.

We also still have a limited supply of flu vaccine available for those who have not yet been vaccinated.

Don't delay, call us today at 780-5411 to make an appointment...and give Ken best wishes on his path back to wellness when you see him.

FP



Six benefits of gardening at home

Tyra Howes
Sustainable Food Eco-Rep

Eight in ten college students say they have sometimes or frequently experienced stress in their daily lives over the past three months. Gardening can help reduce that stress. Planting is about connecting to the earth and the rhythms of life. Gardening offers a reminder of what is important in life: food, water, warmth, loving attention, and room to grow. Gardening has many stress relieving effects from decreasing cortisol levels (a stress hormone) to gaining a positive mood and being more mindful. Read on for six benefits of gar-

dening at home or even here on campus!

Physical Activity

Physical activity reduces your risk of heart disease, obesity, high blood pressure, depression, and many more medical issues. Think of gardening as a hobby, not a chore. The exercise related to gardening will then be considered fun and exciting.

Nutrition

Gardening can promote nutrition because it is hard work to grow your own fruits and

vegetables. Being successful can make the gardener excited to eat what they have grown. People also get creative and try different recipes with the food they grow.

Sunlight

Gardening exposes you to fresh air and sunlight, which are mood boosters and can trigger a happy response in the brain. Low blood levels of vitamin D are linked to signs of depression. Spending some time outside can boost your mood while helping maintain strong bones and a healthy heart.

Meditation

Gardening makes you more mindful. Sometimes gardening can be repetitive and focused which offers some time for contemplation. When in the mindset of gardening, try not to look at your phone. This simple act allows time for your brain to take a break and live in the moment. Creating a positive garden mantra can help being more mindful while gardening.

Perspective

We plant seeds in hope that they will grow. Gardening can help you to learn more about

nature and feel more connected to the earth. Nurturing plants can help take the focus away from ourselves which can be valuable in high anxiety and stressful times.

Community Gardens

Community gardens promote stress reduction by making connections, meeting new people, and being surrounded by different plants. The USM community garden was started on the Portland campus in 2007 by a school group. They changed an old, unused playground into a place to provide plots for students, staff, and alumni that live in the area. The community garden provides a place for many different people who have the same interests to come together and work on making the campus more sustainable. The food services for the school and many school groups have plots to provide for students, focusing on those who are food insecure.

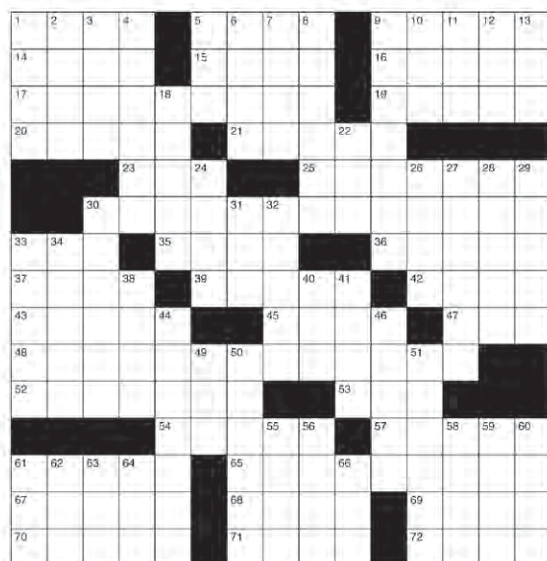
If you would like to learn about getting a plot this spring, email: usmcommunitygarden@gmail.com You can also catch up on garden news by following the Facebook page USM Office of Sustainability.

FP

Crossword

Across

1. Spirit ____ Louis
5. Lullaby word
9. Brink or border
14. Head for the heavens
15. Buckeye State
16. Incandescent lamp gas
17. Beehive contents
19. Escalates
20. Suspect's excuse
21. Vishnu worshiper
23. "My Name is Asher ____" (Potok novel)
25. Wild marjoram
30. Cowardly, in slang
33. Pub brew
35. ____ Jones' Locker
36. Part of a 2008 slogan
37. They serve computer clients
39. " ____ tell you"
42. Israeli port city
43. Answer to "Danke," in German
45. ____ avaii (futile)
47. Ands, in French
48. Not at all daring
52. It may be found in a bottle
53. CPR giver
54. Students' quarters
57. It can be silly
61. City with the world's tallest man-made structure
65. Portrayer of Daisy Buchanan in 1974
67. Look displeased
68. Pick ____ (quibble)
69. Now, to Caesar
70. By the side of
71. Cholesterol types
72. Video game company



Down

1. Job safety org.
2. Blockhead
3. ____ Flush
4. Bass's counterpart
5. Ad-committee connection
6. "Whoops"
7. ____ Valley (Los Angeles suburb)
8. Schmooze
9. Sort of
10. Goof up
11. With "A", a 2012 spy thriller
12. Pai ____ (gambling game)
13. Navy rank (abbr.)
18. Output
22. Rapper Dr. ____
24. ____ the Impaler
26. Jubilation
27. Some large planes have two
28. Just getting the hang of
29. "Waiting for Letty" playwright
30. Meddlers
32. Gary's friend, in "Weird Science"
33. Band's release
34. Frankie who sang "Mule Train"
38. Norms, briefly
40. Former franc part
41. As to
44. Doublespeak purpose
46. Start of a "Willy Wonka" song
49. Freudian topic
50. Cute kitten who annoys Garfield
51. Drivers' 180s
55. Watch over
56. Wind catcher
58. Undeniable
59. One of two in a barbecue tool
60. Rec. center letters
61. Arts deg.
62. Web address, briefly
63. Halloween word
64. Grass appendage
66. Mil. installations

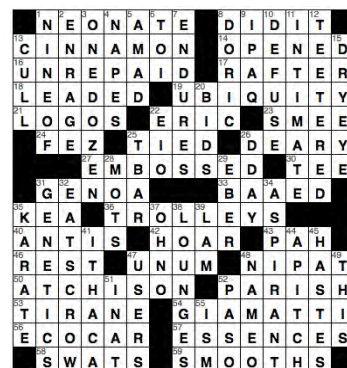
Cryptogram

Every letter in a cryptogram stands for another letter. Use the hint to crack the code.

ARUS GWS T UWM VNKU ZWA KUWM? NS
MRNVU ZWZU NGGWVTNSV.

And here is your hint:
A = W

The solution to last issue's crossword



Sudoku

Level of difficulty: Easy

The object of a sudoku is to fill in the remaining squares so that every row, every column, and every 3 x 3 box contains each of the numbers from 1 to 9 exactly once.

1	6			2	7	4	5
				1	4		6
3				7	9		
9	7		2	8	5		3
2							9
	5		9	4	6		2
		2	7				4
6	8		4	5			
4	3	7	6			5	1

Word Search

Theme: DCOMs

Search for the list of words in the grid of letters. Grab a pen and circle each word as you find them.

S P T Q I X J Z L V B Q W O Y C D R B Z
X U O P W L Z C U A V A L O N H I G H E
T H S R R B O A L K C A C S R E Y Z C N
E G T W I T C H E S E F A P T H S M C I
F G N R O D E P P A N D A D F N X Z A H
Q R A Q X H W J O D Z X S F T R P R D S
Q M D D Z E E I V O M H C A E B N E E T
Y K N W C H O U N D E D S W T E Y H T I
S L E K K V R N I P M U J H S V V N K T
T I C H P I J F Z M C P E T X G O M E E
K V S R B R E H K S K S N B D N S K L L
P B E M P P V F J Y W I G T E X N K L U
P A D L A T H D P A U J K Z P U T C L A
V D N I H J F P P Q D A Z J P V X V Y U
P H I N W O T N E E W O L L A H W K E O
F B T S C A M P R O C K T V Z Z J R H R
D S I V F Z M J C H E E T A H G I R L S
G Z Q H T U O M E D A N O M E L Q A W F
S L Q H M L E U S N I Z V F Z L B N U U
Z I L T D C V U Q W B Y V A S U F C S C

Avalon High
Cadet Kelly
Camp Rock
Cheetah Girls
Dadnapped
Descendants
Halloweentown
Hounded
HSM
Jump In
LemonadeMouth
Let It Shine
Quints
TeenBeachMovie
The Swap
Twitches
Zapped
Zenon



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USM Community Page

A summit on social justice and our community

The second annual Social Justice Summit soon to come

Dionne Smith
Community Editor

Social justice is a very hard hitting, important, and sensitive topic to a lot of people. It can mean a lot of different things depending on the context, and has the potential to be limited, even though social justice can be done in many different ways. The second annual Social Justice Summit will help enlighten the people who attend of the various ways of social justice by connecting and participating in the community in various different ways.

“Doing something that gives you life, but also doing something that meets people where they’re at and elevates them, that’s social justice to me.” Says Anila Karunakar, the Coordinator for Multicultural Student Affairs. Karunakar is coordinating the Social Justice Summit after doing the first summit last year only a few weeks into her new position at USM. The first summit allowed her to begin planning for the second one this year, including how she wanted the summit to be set up. She hopes to touch

on the broad theme of finding out what is out in the community and how to inspire change.

With this summit, Karunakar is hoping

“Doing something that gives you life, but also doing something that meets people where they’re at and elevates them, that’s social justice to me.”

- Anila Karunakar

Coordinator for Multicultural Student Affairs

to show the students who is out in the community and who is helping people and doing acts of social justice. She also hopes that the people who will attend summit will be able to engage with each other about what different organizations are doing here in Maine, and to network with each other. One of the goals is that some students will be driven to sign up to help some of the local organizations after the summit, and to apply what they learned throughout the day.

There will be multiple local organizations in Maine that will be joining the summit, including some student run organizations such as, the League of Women Voters, Planned Parenthood for Northern New England, Queer Straight Alliance and many more. There will also be two speakers attending. Doctor John Bear Mitchell, from UMaine Orono will be giving the opening speech. The keynote speaker will be Shay Stewart Bouley, who is also known as “Black Girl in Maine,” who will also be holding her own break out session for students of color. Bouley has a blog that shows her activism and advocacy for social justice.

To go along with that, there will be fourteen break out sessions throughout the day. Some sessions will revolve around trafficking, social justice, the meaning of belonging, climate change, immigration and others. Karunakar is happy to have a wide variety of organizations attending and the large spectrum of topics from each break

out session. The large variety should help broaden the perspective of what social justice looks like and ways that people can use their strength to support these organi-

mit, it will help to inspire students to get more involved in the community and volunteer with some of the organizations that will be joining. She wants people to walk away knowing that there is continuity after the summit. Karunakar expressed that students could feel a sense of action and expression afterward. She would also love to work with students that have showed interest with certain organizations to invite them back on campus for a tabling or an event.

For Karunakar, this summit will help her plan out what she would like to see for next year when it comes time for the third summit. The feedback of those who attend would also be helpful so that she could hear some outside opinions on what she should do for next year. The Social Justice Summit should be a very progressive and enlightening experience for everyone who shall attend and help strengthen the community.

“It is my year and I put a blasted amount of effort into it.” Karunakar said.

FP



Dionne Smith / Community Editor
Paige Gallheher, a graduate student, holding the Social Justice Summit poster.

USM 2018 JOB FAIR!






Thursday March 1st, 2018
11:00 AM - 4:00 PM
Sullivan Gym, Portland Campus

All USM Students & Alumni are encouraged to attend.
Free & Open to the Public.

Why Attend?
 Inquire about job opportunities
 Investigate a company
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 Develop professional relationships
Network, Network, Network!

To see a list of participants go to:
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People of USM Susan Feiner

Charlie Wheeler
Contributor

Does a straw have two holes, or one? According to Professor Susan Feiner, it has two holes, one for each end. Feiner is a professor of Women and Gender Studies, as well as Economics. She has a Ph.D. in Economics from the University of Massachusetts, Amherst, and has been a long time faculty member at USM.

Feiner teaches a full range of courses in the Women and Gender studies field. She also teaches several courses in Economics, and leads a course called Critical Thinking, as well as an upper-level requirement course called Political Economy.

"It's one of the real advantages of having a home in two departments; I don't get sick of either one!" Feiner said after being unable to pick a favorite class.

The proudest moment Feiner recalls in her career is a piece that was written about her by two economists at University of California, Davis.

"They wrote an op-ed to the Wall Street Journal com-

structure is not the best for addressing poverty and inequality.

"I decided to go to grad school in economics because I was very concerned about those things, and it struck me that being an economist would give me the tools for that," Feiner stated.

As a child, Professor Feiner had different goals. "I remember I wanted to be a Go-Go girl," she joked, before revealing that her true goal had been archaeology. She was fascinated with the tombs in Egypt and the temples in South American jungles. She also recalls loving to play on the seawall of the Hudson River as a child. Eventually she moved on and became the woman she is today. To think, the school could have lost her to some tall, white boots and a funky patterned dress.

If Feiner could live anywhere in the world, she said that she would choose a society with more equality than the U.S. Unfortunately for Feiner, she admits she knows little else besides English when it comes to languages, and confesses



Photo courtesy of USM Photo Library

Susan Feiner, a Women and Gender Studies professor who constantly addresses poverty and diversity.

"And I do know some limited Spanish."

Needless to say, Feiner has a few opinions on the current political climate in this country. She has a vision of what this country could look like. She introduced the theory of full employment. Feiner explained it as a federal job guarantee.

Communities would have local employment offices, rather than unemployment offices, to give jobs to those without one. These offices would be federally funded, and communities would have a say in the kind of work being given out. People who do the work would get paid \$26000 a year and receive full benefits, becoming the lowest full time job a person could get. Rather than working at McDonald's for minimum wage, the work would go towards

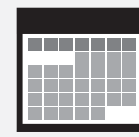
the community.

"Tons and tons of work is needed to be done to repair our physical and social infrastructure," Feiner said.

Feiner also has a few things to say about gender equality in the U.S. Women's rights are very fragile in the current years. Feiner wants young women in this country to be aware of how precarious rights are for safe and effective birth control.

"Any woman who says, 'oh, I'm not political,' doesn't understand that being a woman is political," Feiner said.

Feiner is, without a doubt, a huge asset to this college. The courses she teaches are full of highly critical information that upcoming, and current generations of youths in this country need.



Community Events

Monday, February 26

Free Bowling
Bayside Bowl
58 Alder St.
Starts: 6 P.M. / Ends: 9 P.M.

Tuesday, February 27

Does/Has Participatory
Democracy (Ever) Exist(ed)?
Portland Campus
Wishcamper Center
Starts: 5 P.M. / Ends 7:30 P.M.

Wednesday, February 28

John Cassidy Entertainment
Gorham Campus
Brooks Student Center
Starts: 9 P.M. / Ends: 11 P.M.

Thursday, March 1

USM 2018 Job Fair
Portland Campus
Sullivan Gymnasium
Starts: 11 A.M. / Ends: 4 P.M.

Friday, March 2

Environmental Archaeology
in Casco Bay Estuary
Freeport
95 Main St.
Starts: 7 A.M.

Saturday, March 3

Social Justice Summit
Portland Campus
Abromson Center
Starts: 9 A.M. / Ends: 3 A.M.

Sunday, March 4

Maine Restaurant Week 2018
Little Tap House
106 High St.
Starts: 11 A.M. / Ends: 10 P.M.

"Tons and tons of work is needed to be done to repair our physical and social infrastructure."

- Susan Feiner
Women and Gender Studies Professor

paring me to Robespierre," Feiner said. "I can remember thinking 'My goodness, they must be really, really insecure to be that scared of me!'"

However, Feiner didn't always have this career in mind. She started her college career wanting to be a lawyer, and then on to studying economic history. She realized that the law

that that would severely limit her options. Feiner says that she would love to live in a Scandinavian country, but knows none of those languages. Therefore, she says, she would be forced to choose somewhere else. She listed Cuba as a good choice.

"They have very good equality down there, especially gender equality, I've noticed," Feiner explained.

Want us to include your event?
dionne.smith@usmfreepress.org

Sports

Saturday

Men's Indoor
Track and Field
@ Tufts University

Saturday

Women's Indoor
Track and Field
@ Tufts University

Saturday

Women's
Lacrosse
vs. University
of New England
12 p.m.

Saturday

Men's Lacrosse
@ Maine Maritime
4:00 p.m.

Wednesday

Men's Lacrosse
vs. Thomas
College 3:00 p.m.

Women's indoor track & field wins LEC title

USM's talented female athletes prove to be high achievers

Sarah Tewksbury & River Plouffe Vogel
Staff Writer & Sports Editor

USM has a rich history of athletic achievement. It goes without saying that the University of Maine Orono (UMO) is a Division I school that competes against some of the top Division I programs in the country. But, when measuring the success of any athletic program, it cannot be done by individual players or a few solid seasons. In fact the USM Huskies have topped the Black Bears on numerous occasions, across several sports. In the past decade, schools such as Husson College have seen their programs revamped, or the University of Maine Fort Kent (UMFK), which has been able to attract athletes from all over the country and world. However, schools such as UMO and UMFK can offer athletic scholarships. At USM, the athletic programs use good recruiting and development to build successful teams. The women's track team is a perfect example of a program with amazing coaching that has built a household name that attracts some of the top high school athletes. And probably no Maine athletic program has been the best in their respective conferences for as long as the USM women's track and field team.

USM women's indoor track and field team is a dominating team and not just during the 2017-2018 season. For the past eighteen consecutive years, women have been running, jumping and throwing their way to victory at the Little East Conference (LEC) indoor championship. Under the leadership of George Towle for over twenty years now, the women have risen as a top scoring team in New England. At the LEC meet on Feb. 10, the USM women rightfully earned 140 points to sweep the championship, thirty one points ahead of the second place team, Rhode Island College. Returning to Gorham with another title, the women's track and field team deserves praise and attention from the university community.

At the conference meet, sophomore Adela Kalilwa from Lewiston, ME led the group in scoring when she set two school records and scored in four events, and she did so on her sixth and last jump. Also scoring at the meet were Emily Close, Allison Pickering, Katie Ferrara, Edie Christian, Neka Dias, Haley Bantz, Lauren Beganny, Kelly Lynch and Rachel Ingram.



Photo courtesy of USM Athletics

The University of Southern Maine's women's indoor track and field team won their eighteenth consecutive Little East Conference title on Feb. 10 at Providence Career and Technical High School.

As the years have gone on, USM has seen hundreds of women track and field athletes. Few factors have remained the same. Towle's leadership of the team has remained strong for over three decades now. Organizing the women to be a cohesive team and vigorous individual performers, Towle places emphasis on the women's abilities. Allowing everyone who wants to participate to remain on the team, he has been able to build a team of high scorers.

"Our policy remains, we don't cut," Towle said. "Anyone who wants to get better, we want on our team. It's surprising how often that pays off as they develop into scoring athletes at the conference level."

Towle speaks highly of the team he coached this year and the wide capabilities they possess.

"This year's a good example. We've had teams in the past when we've had one or two outstanding athletes who score by themselves, 20 or 30 points at the conference level. This year we've had a fairly deep team. 19 different athletes scored at the conference level, which is quite something."

Three women's athletes sat down with Free Press staff to talk about their season, team

chemistry and their coach. Neka Dias, a senior Media Studies major from San Antonio, TX, Tiia Kand, a senior International Business major from Abbot, ME, and Elena Grace, a freshman from Saco, ME who has an undeclared major.

Grace, coming onto the team as a new member, acknowledged the intensity and promise of the team she joined. "It was a little intimidating knowing they had won the LEC championship for seventeen years. It's great knowing that everyone wants to compete at their best."

Leading up to the LEC championship, the team had to focus on achieving their goals for themselves and not for the glory of the university. The USM women's track and field program is often the recipient of unequal publicity and media releases from the university. The women's track team has their own Instagram account to share with the community @usmwomen

"The night before the LEC meet, we all gathered as a team and talked about it and that was the first time I saw everyone realizing as a team, if we go home tomorrow without a title

we're breaking that streak," Kand said. "It was nice to see everyone stepping up. The mentality definitely changed but you need that kind of pressure."

"We have a legacy on the track team that we need to uphold," Dias said. "I think that night the girls realized that this is serious, like we cannot go back to Gorham without a title because USM doesn't care about the track team, so if we come back home empty handed, we're just going to be forgotten."

Overall the athletics department is proud of their women's athletes from the indoor track and field team and the women on the team feel like they were able to come together to reach their full potential. As Dias reflects, the season and cohesive nature of the team was glued together with coach Towle.

"He believes in us and pushes us in a positive and healthy way that shows results. He is a huge reason this program is successful. He believes in the athletes and works so hard for us each and every day."



DESIGN WON'T SAVE THE WORLD

BUT IT SURE MAKES
IT LOOK GOOD

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